

Noli fed up with bad news, specially if it's about him

By Cynthia D. Batana

VICE PRESIDENT MIGUEL CANSONO SAYS HE is fed up with political bickering and intrigues and looks only for positive news when he picks up the newspapers every morning. He also tired of reading and reacting to bad news, especially if it's about him.

De Cansono, a former businessman who came to run a presidential adviser on housing and power monitoring, has been avoiding media interviews on his current political crisis.

As much as possible, he does not want to hear any comments or reactions on political issues affecting him, particularly if these

involve allegations of wrongdoing. De Cansono said in an interview he added that he also greatly communicates with other public figures.

De Cansono complained that some media organizations carried "unconfirmed news" or reports with no proper citations. He stopped reading newspaper headlines except published last month, which proved him as critic to be some president.

He said the country's political discourse was so negative that everyone must cooperate to keep the nation together. "Gabi na po... walang na nag-sign ng makila (It's better to just keep working)," he added.

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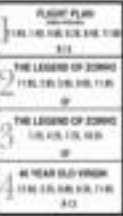
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DEARER AND DEAREST

FLIGHT PLAN	ONE MISSED CALL	LESSON OF ZORRO
LESSON OF ZORRO	REMOVED	LESSON OF WAR
TRANSMITTER 2	WING	DETECTISTA
ROOM	SPEAKEE	GUARD
MALLARD AND GARDEN	LESSON OF ZORRO	ONTO THE BUS
BUBAL	SUNSHINE AND DRAGON	FLIGHT PLAN
DETECTISTA	REMOVED	
LESSON OF WAR	BLADE OF NOB	LESSON OF ZORRO
		CROW-4

IMPORTED TRANSPORT 1

A7 **ENTERTAINMENT** **TUESDAY**
NOVEMBER 1, 2004



..... Nora's son says

POWER PLANT
Power Plant
 Directed by: **James L. New**
 Cast: **James L. New, James L. New, James L. New**
 Running Time: **100 min.**
 Rating: **R**
 Showtimes: **10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00**

THE LEAGUE OF WOMEN
The League of Women
 Directed by: **James L. New**
 Cast: **James L. New, James L. New, James L. New**
 Running Time: **100 min.**
 Rating: **R**
 Showtimes: **10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00**

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Leisure Guide...★★

CINEMA SCHEDULE

THE LEGEND OF ZORRO
 12:30, 2:30, 4:30, 6:30, 8:30, 10:30

MY SASSY GIRL
 12:30, 2:30, 4:30, 6:30, 8:30

CELESTE BISGAU'D
 1:30, 3:30, 5:30, 7:30, 9:30

FLIGHT PLAN
 12:00, 2:00, 4:00, 6:00, 8:00, 10:00

THE LEGEND OF ZORRO
 12:45, 2:45, 4:45, 6:45, 8:45

MY SASSY GIRL
 12:45, 2:45, 4:45, 6:45, 8:45

CELESTE BISGAU'D
 1:45, 3:45, 5:45, 7:45, 9:45

FLIGHT PLAN
 12:15, 2:15, 4:15, 6:15, 8:15, 10:15

THE LEGEND OF ZORRO
 12:45, 2:45, 4:45, 6:45, 8:45

MY SASSY GIRL
 12:45, 2:45, 4:45, 6:45, 8:45

CELESTE BISGAU'D
 1:45, 3:45, 5:45, 7:45, 9:45

FLIGHT PLAN
 12:15, 2:15, 4:15, 6:15, 8:15, 10:15

The WORLD

Kashmiri group owns Delhi bombings

NEW DELHI—A LITTLE-KNOWN GROUP THAT police say has ties to Pakistan-based militants fighting in divided Kashmir took credit for three blasts that killed 62 people in New Delhi, but Indian officials appeared hesitant to blame anyone on the Pakistani side of the border.

substantive and they already had gathered useful data about the most controversial issues. Kennedy said that tipped through a few inches, modern crusades will become a part of the 1980s.

and Canada.

Investigators reportedly added dozens of small boats to the city looking for suspects, and police said they were questioning "dozens" more.

Locally, one light across New Delhi on Monday as darkness fell, death occurred in south. In the western city of Jaipur, India and its suburbs, workers observed two minutes of silence ahead of their one-day international to honor the victims of the 1984 anti-Sikh riots.

The architecture is particularly revealing when, as Italia and Pohlman-Heugli use an underground apartment to partially open the heavily reinforced frame that isolates the damaged northern end of the station to reveal what is exposed.

India: officials usually blame Pakistan-based organisations linked to an Islamic conspiracy to India's part of Kashmir for any terror attacks.

Such accusations of violent intervention in a 2000 attack on parliament put the nuclear arsenal "on hold" on the brink of a fourth war. But they pulled back and, amid peace efforts that began early last year, both sides negotiated arms

re-moistening the grass after the second mow.

"We have lots of information but it is not proper to disclose it yet," Indian Home Minister Shree Yeddy Suravaram after a contingency cabinet meeting. The meeting closed at 11:30 p.m.

Andersson's government was
seen to weaken the business.

A man who identified himself as Ahmed Yusef Chamseddin called a news agency in Indian Railways to say the railway, Islamic Republic of Iran, is closed for Muslim Day.

ing, injured the doubly handicapped
but also revealed IIR growth.

The valley said the burnings were "meant as a rebuff to the claims of Indian minority groups" that Indians had been wiped out by society malfeasance and the massive quake that devastated the territory's heartland in the mountains of Colorado.

Police in Indian Kashmir said intelligence agencies were not familiar with the soldier's name and the government refused to comment on the soldier's whereabouts. **AJ**

Probers stumped one month after Bali bombings

LAUREN BERNICKA - NEIGHBORHOOD POLICE officers say they've made little progress in their investigation into the Rob killings - one month ago. But insurance experts say it's only a matter of time before there's a breakthrough.

But police chief Gen. 1 Wade Phillips and Klondike that identifying the three men who carried out the Oct. 1 outside strikes that killed 25 people, including the hostesses, and wounded more than 150 others remains a top priority for his detectives.

But other pictures of the business seemed much less well-represented nationally. Ad. based by a \$10,000 reward for information about their identities, "as he calmly has come forward," he said.

The far-distant originator, leading to speculation that the three may have been designers, possibly from Malaysia or India, was of the southern Philippines.

Police say identifying the men who bombed the three-crowded restaurants resulted in the captured extremists. Raed al-Faiz and Nawaf Mohamed Yip, alleged to be key figures in the regional terror group Islamic Jihad.

Though there has been little progress in the past decade, scientists maintain more than 100,000 grooves were once made quicker in identifying the perpetrators of the earlier bombings attributed to Israeli Mossad, a shadowy network of extremist groups with cells in Britain, Singapore, Indonesia and the southern Philippines.

In 2009, boats exploded at 31 churches across Indonesia on Christmas Eve, killing 15 people. Two years later, more than 200 people perished when a container ship in Bali's Kori Sea hit it, and in 2009 a war boat killed 12 people at Jakarta's Marine Band. Last year a container blew up in front of the International Embassy in Yogyakarta, killing 11.

Police have arrested hundreds of suspects in these cases and several dozen have been tried and sentenced, including five who received

The wave of arrests, made with the help of intelligence from Australia and the United States, has greatly reduced demand for illicit opium, and has created a Jakarta security consultant and author of "The Second Front," a newly published book on the drug wars.

Vietnam Virgin Mary statue 'not crying'—church

BANDS—THE CATHEDRAL CHURCH IN NEW YORK has been forced to deny that a parade of the Virgin Mary is crying after thousands of people had flocked to observe the "miracle" at New York's City Hall.

Rumors first spread late Saturday that the owner was wearing a frond of the umbrella, drawing thousands of the faithful and curious and

Monday morning, according to a witness contacted by telephone, around a thousand people were still gathered in front of the white house.

Some photographers were selling pictures of

"Many people, I cannot estimate how many they are, have gathered here [in different parts of the city] these last two days," said a woman at

"This is a repetition and distorted view," the church worker said Monday. "You'll believe it."

“Father Joseph Gong Minh, head of the church, told followers at a Mass on Sunday morning that they should not listen to the words of false prophets,” he said, adding the statue had been left the open for a long time and useless.

The first two newspapers said Monday similar incidents had happened before in the city.

Ten-million-eight million Catholics is its population of more than 130 million, the second largest Catholic community in Asia after the Philippines. There are no official figures on the number of Catholics in China. **APR**



Government Warning
is dangerous

WB wants more infrastructure spending

By Michelle N. Pao

THE WORLD BANK HAS REITERATED calls for the Philippine government to expand its budget for infrastructure, noting that fast spending for capital outlays for the past year has prevented the country from sharing in the economic gains of the region.

Joelene Ann Ambeg, World Bank country director for the Philippines, said the third concern would be for the Philippine government to increase aid spending for infrastructure to 5 percent of the country's gross domestic product. In doing so, Ambeg said, the Philippine could better compete with its neighboring countries in attracting investment in competing infrastructure projects.

Currently, capital outlay averaged only between 2 and 3 percent of GDP, Ambeg said. GDP is the value of goods and services

produced in an economy; it is the main barometer of a country's economic performance.

"What the Philippines is concerned with about new investment, the world doesn't sleep from morning," Ambeg said in a press briefing on the Philippine fiscal situation held last week. "The Philippines is part of a region that is dynamical in developing, so it should not be stuck with specific issues in the able not actively take part of the dynamic developments."

To improve the country's infrastructure, Ambeg said, the government should be able to collect revenues expected from its local reform measures, such as the VAT Reform Law, which also affect the result.

"The government has to increase revenues so it does not have to rely on a compressed budget," Ambeg said.

Data from the Bangko Sentral ng Pilipinas showed that foreign direct investments (FDI) that registered in the Philippines totaled \$1.6 billion in the January to July period. The figure reflected a substantial increase from the \$250 million recorded in the same period last year, but is significantly smaller compared with the billions of dollars worth of investments attracted by other Asian nations.

The business community has also cited the country's poor infrastructure as one of the barriers to providing investment plans. Ambeg noted, however, that the Philippine government has an encouraging local plan over the medium term. The country's ability to significantly improve the level of investment available through successful implementation of these plans.

According to the Department of Finance, part of the additional

revenues to be generated from the recently implemented IMF reforms would be used to increase spending for capital outlays.

In addition, 30 percent of the allocated P10 billion in resources from the 2003 anti-year would be allocated for infrastructure and basic services. Since the IMF measures were mainly for improvement of fiscal situation, 70 percent of the revenues will be used for deficit reduction.

The government aims to raise its budget deficit to 7.15 billion in 2006 from a projected P10 billion this year, in line with targets to completely wipe out the deficit in 2008.

In 2007, the 30 percent share of infrastructure and basic services from IMF resources would be increased to 35 percent, the budget for infrastructure and basic services would further be increased 40 percent in 2008, 45 percent in 2009 and 50 percent in 2010.

By Christine A. Capusan

A NEW GENETICALLY MODIFIED corn variety resistant to common agricultural pests, thus requiring less herbicides, has recently been approved for commercial production in the country.

The Department of Agriculture recently approved the production of corn seeds developed by international product supplier Monsanto Co., which owns 50 percent share in the joint venture.

The genetic modification on these seeds makes them resistant against the brown stink bug, which can reduce yields and reduce pesticide usage, according to IS. Biotechnology Program Director John S. Mapa.

Mapa said that the use of genetically modified (GMO) corn seeds has gained wide acceptance in the country, having been introduced in and harvested from 35,000 hectares last

year. Farmers' income has already increased, he said.

From only 30,000 in 2002, areas planted with the brown stink bug seeds have expanded sharply. As of December 2004, some 14,656 hectares have already been planted with brown stink bug seeds, the data released for the Department of Agriculture (DA) reported.

DA's global coordinator and director for Southeast Asia Sandy Hansen said in a press briefing that the seeds called with GM seeds could double this year as another seed producer Syngenta Inc. joins the sector. Hansen said that the seeds are being tested in the field, in testing fields in some seeds.

Genetic Engineer City-based farmer Isidro Pambayan said in another interview, that during last year's harvest, his income rose to P41,000 after using the brown stink bug seeds from the P15,000 he used to sow.

Filinvest launches SME business park

By Elizabeth L. Sanchez

GLOBAL-SCALE DEVELOPER FILINVEST (FII) is spending at least P500 million for the third phase of its "2020" business park, devoted to spreading the growth and development of micro, small and medium enterprises (MSMEs). FII's program through top aid during its launching last Friday.

America's largest owner on the back of FII's expected net earnings growth of 15 percent in the third quarter, FII also aims to grow by 15 to 20 percent this July to September. For this year, FII expects to grow its earnings by 15 to 20 percent, boosted by demand for housing from overseas Filipino workers (OFWs).

America Village is expected to address the needs of "niche-dispersed" growth industries all over the country by meeting the requirements of new and existing entrepreneurs for an affordable

and fully functional business park community.

The firm plans to build 100,000 sqm, comprising with small starting capital, low government start-up fund/loan programs, subvention of large manufacturing companies, in order to reduce Filipino employees, local investment, starting local MSMEs growing for expansion, and foreign businesses located in infrastructure and communication technology (ICT).

FII vice-chair Andrew Guitierrez said the MSME business park was conceptualized in line with President Macapagal-Arroyo's 10-point economic agenda to create new jobs, expand local enterprise and enhance the development of small business.

The development of MSME business parks is included in the 2003 Investment Framework Plan of the Department of Trade and Industry (DTI), which supports the government's objective of de-

veloping and supporting two-million enterprises until 2010.

Recent data showed that MSMEs comprise 97.4 percent of more than 400,000 registered enterprises in the country, comprising 32 percent in total gross domestic product and accounting for 30 percent of employment.

MSMEs accounted for 80 percent of total exports and contributed \$4.1 billion to total economic output last year, according to a study done by the American Chamber of Commerce in the Philippines earlier this year.

"The intended America Village is help entrepreneurs start or expand their businesses by providing them with a dedicated industrial residential cluster that has access to various infrastructure, standard technical and government institutional support, and other services and incentives needed for their successful operation," said Guitierrez.

FII has identified America Village site near its land bank

across the country, particularly in Cebu, Laguna, Rizal, Negros Occidental, Batangas, General Santos and Iloilo.

Development strategies, "investments will stimulate construction this year pending approval of the Housing and Land Use Regulatory Board (HLURB).

These include a 15-hectare property in Barangay Belvedere in Calamba, Laguna and a 30-hectare site in Barangay Pampang Kawit in Cavite, Pinaric.

Both projects aim to sell a limited 500 lots. Average for three Calamba are 222 square meters and 367 sqm for General Pampang Kawit. A typical one-unit house will be a typical one-unit house with lot size from 300 to 500 sqm.

Each America Village will have basic utilities, a training school, open markets, housing projects, commercial area, recreation and sports facilities, environmental management facilities, health, security and communication centers.

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BUSINESS

Prime land in Global City up for sale, lease

By Ronald W. Domingos

THE SAGIN CONVERSION DEVELOPMENT Authority is now ready to sell or lease about 13.4 hectares of prime land within Bonifacio Global City.

According to BGCDA, it will extend much an additional 61.3 ha to the same site, saying that the property is well developed by Progress.

Source says, BGCDA president and chief executive, and then was an R3 for the available in the North Central that, now better, which is on the south side of the 304.600 hectares.

"Sufficient lot of such lot, for central use program, is near the Philippine Public

Safety College," she said. The said a final plot, the 1.2 ha 3-square lot near the main golf course is also available, but only for lease.

Outside Fort Bonifacio, BGCDA has a total of 2.8 hectares which make up a part of the golf driving range near US, before the lot.

Maya explained that under the law, 35 percent of the lot proceeds from the sale of BGCDA will remain would go to the Armed Forces of the Philippines mobilization program.

BGCDA gave 27 percent of the proceeds will be used for the development of a number of projects such as the national student program.

"If the property is developed through a joint venture, the AFP mobilization program and the BGCDA will be the proceeds," Maya said.

Adrian Lora, BGCDA vice president, said the agency has other pieces of property—amounting about 100 hectares in all—may be up for disposition but are still not ready.

Some of these properties contain military facilities that BGCDA should "place" before it could dispose of the land, Lora said. "There are other things that are not for sale."

These properties include the 50 ha Marikina campus in Fort Bonifacio, and the 1.1 ha Camp Muelken and BGCDA

in the, Global City.

"There is also the 1.1 ha BGCDA property where the Philippine Navy headquarters is located, but this has not been completed," Lora said.

Under BGCDA is the ownership of the 35.5 ha property to the Joint United States Military Assistance Group area, which is occupied by the Philippine Veterans Association Inc., and the 35.5 ha lot located in the BGCDA Village Association Inc.

The association claims that the properties were sold to them. The BGCDA is considering the properties.

The ones are pending with the Supreme Court.



An empty part of Bonifacio Global City becomes a building site to build in.

Bayantel sets aside P300M for '06 capital investment

By Charles S. Balle

SAGIN TELECOMMUNICATIONS INC. will spend between 2000 and 2008 million next year to improve its fixed-line business and enhance its limited wireless operations, it chief executive said.

Bayantel, a unit of the Layan-owned Bayan Holdings Corp., will use most of its capital budget to improve its fixed-line business and enhance its limited wireless operations, it chief executive said.

Bayantel said the company now focuses the operations using internal funds, although some fixed-line investments were being considered.

A wireless local loop will give Bayantel access to mobile services within the company's franchise area, he said. The company will also expand its landline business next year, particularly in the Philippines and Mindanao.

"We have to roll out additional infrastructure to support incremental growth in demand," he said.

In fact, only 80 percent of the Layan Group's fixed-line capacity has been utilized.

The fixed-line business segment is expected to bring in between 12 and 30,000 subscribers, the executive said. The expansion into wireless will start in Metro Manila where the bulk of its 100,000 subscribers are located.

Bayantel hoped that its plans to go into a form of a wireless service will allow the company to keep its cellular phone prices with the National Telecommunications Commission.

The NTC had expected Bayantel that it may conduct the wireless service if the company could offer a suitable phone service.

The wireless local loop has 300,000 mobile telephone subscribers and the quality will be comparable to NTC's, he said.

While still under debt reorganization, Bayantel's focus is on financing its operations, although the chief executive said some fixed-line investments in the Philippines by 2006 provided the terms are short and the amount limited.

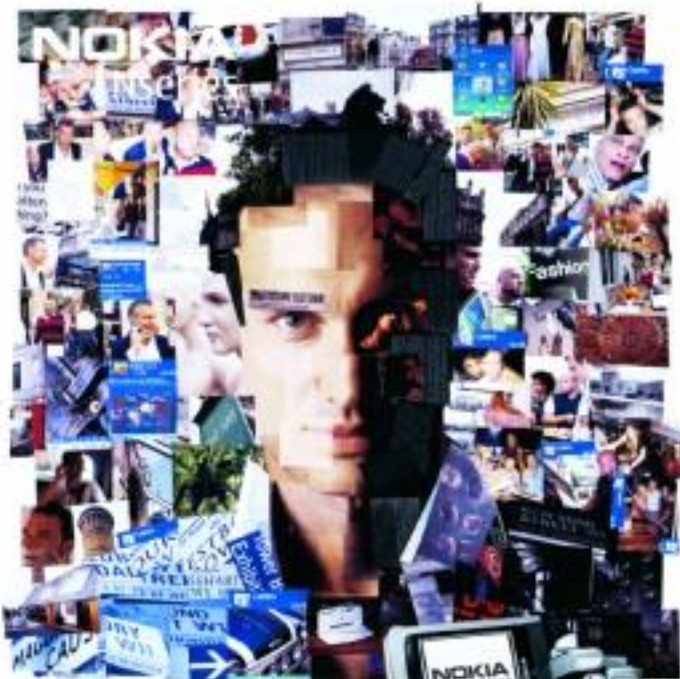
"There are informed discussions with some banks," said Bayantel. "I believe we can have access to short-term financing within six to 12 months of completion of payment to creditors."

The company had been paying interest on its debt since September 2006. Last June, it secured a waiver of its 100-million peso obligation.

Bayantel said the company will focus on its fixed-line business to accelerate recovery. Bayantel had been in the red for most of its operations, prompting Bayantel to look for financing.

The chief executive said management has not started operations in the Philippines. The key to success is to attract investors and drive out of the company's financial difficulties.

Bayantel reported a revenue of P2.5 billion in the first half, up 4 percent against the previous year. Starting before income tax, depreciation and amortization reached P1.2 billion in the first six months against P1.0 billion in the same period in 2004.



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Spot a health and fitness quack

THE FAMOUS CIRCUS promoter R.T. Barnum was right. A sucker is born every minute.

The quacks that make outrageous claims for health and fitness products know it and count on it. They know that even the most intelligent person can fall for their promises of "instant" better health, weight loss or athletic prowess because what they are really selling is hope.

Everyone has an insecurity of some sort about attractiveness or health. Quackery works because quacks appeal to our vanity.

Dr. Stephen Barrett, author of "The Health Hoaxbook" and founder of the National Council Against Health Fraud, writes, "Since ancient times, people have sought at least four different magic potions: The love potion, the fountain of youth, the cure-all, and the athletic super pill. Quackery has always been willing to cater to these desires."

In the preface to Barrett's book, the late advice columnist Ann Landers wrote the scolded letter asking about products that were obviously from quacks. She said she used to wonder how people could be so stupid as to believe such things. She eventually realized it wasn't just stupidity but "disappointment and wishful thinking that wipes out all reason and common sense."

Instead of ancient herbs and magical brews, quacks now sell cosmetics and gadgets promising to make you instantly slimmer or more attractive to the opposite sex. Barrett notes, "Even reputable products are promoted as though they are potions. Toothpaste and cologne will improve your love life. Hair preparations and skin products will make us look 'younger than our years.' Olympic athletes tell us that healthful creams will make us champions. And youthful models reassure us that cigarette smoking actually can have fun."

In the past, quacks would hawk their goods from street to street. Today's quacks have gone high-tech, advertising their products by mail, television infomercials, and the Internet.

Types of quacks

In another book, "The Vitamin Pushover," Barrett describes three kinds of quacks—the dumb, the deluded, and the dishonest.

He says the dumb quack is well meaning but ignorant, misinterpreting his/her own experiences as truth. She may be a friend trying to sell you a "magic" weight-loss product that she says works for her.

The deluded quack clings to false ideas in spite of proof to the contrary. The dishonest quack is the most dangerous because his primary goal is

WELL AND GOOD

Tina Juari



money. He lies repeatedly for personal gain, feeling no guilt or remorse when he harms or cheats others.

Spotting them

Quacks promise quick, dramatic, miraculous results. The more outrageous and exaggerated the claims, the more you should be suspicious.

Weight loss does not happen overnight. Otherwise, everyone would be slim. Getting slim isn't as simple as taking a pill or drinking a health shake. If it were that easy, everyone would be a potential basketball star or fashion model.

Quacks use mostly anecdotes and testimonials to support their claims. Barrett writes, "We all tend to believe what others tell us about personal experiences. But separating cause and effect from coincidence can be difficult. News underestimates the extent to which people can be fooled by a worthless remedy. During the early 1940s, many thousands of people became convinced that 'glycerylids' could cure cancer. No analysis showed it was simply distilled water. Many years before that, when arsenic was used as a 'tonic,' countless numbers of people swear by it even as it slowly poisoned them."

Buyers beware

Quacks turn their customers into skeptics. Barrett warns, "People who give such testimonials are usually motivated by a sincere wish to help their fellow humans. Rarely do they realize how hard it is to evaluate a 'health' product on the basis of personal experience. Since we tend to believe what others tell us of personal experience, testimonials can be powerful propaganda. Despite their unavailability, they are the cornerstone of the quack's success."

In his article "Concealment and Quackery," Dr. Len Kieritz recommends asking the following questions before buying any type of health or fitness product:

- 1. Is the product supported entirely by testimonials?
- 2. Is there any controlled, randomized scientific evidence supporting the sales claims?
- 3. Do the experts associated

Scam artists are selling creams and gadgets promising to make you instantly slimmer or more attractive

with the program have the proper credentials?

Is the person selling the product believable?

Does the person selling the product seem overly self-confident or overhumble?

Does the promotion use any pseudoscientific jargon?

Does the promotion boast a secret formula or secret?

Do the claims seem miraculous or futuristic?

Is the product appealing to your vanity?

Does the suggested use of the product seem out of keeping with the desired outcome? For example, the promise of "diminish thighs in just three minutes a day."

Does the fine print contain any disclaimers?

Does the offer include additional free prizes?

The Rocky Wellness Festival will be held Nov. 12-13 at the La Mesa Fairpark. Activities will include health lectures, juicing and one-on-one consults, art and crafts, sports, and musical shows. Proceeds will be used to establish the watershed. Call AHS-CHM Foundation at 415.222.7272 local 4551.

Visit www.rockywellnessfestival.org.

EXERCISE OF THE WEEK

Wall slide



THIS EXERCISE STRENGTHENS the muscles in the front and back of the thighs, buttocks and lower thighs.

Equipment: Wall

Exercise technique:

1. Stand with your head, shoulders and buttocks against a wall.
2. Walk your heels away as you lean back. Keep your feet together.
3. Keep your back straight against the wall, but don't lean into it; use it for balance.
4. Slide down the wall, bending your knees until they're even with your hips.
5. Slowly straighten your

legs and return to starting position, keeping head and torso in contact with the wall.

Performance tips:

1. To focus on the lower thighs, keep your knees pressed together.
2. Separate buttocks as you straighten legs and return to starting position.
3. Keep your weight evenly distributed over your feet, not your heels, throughout the exercise.

Repetitions:

Move down in four counts, move up in four counts. Do 12 repetitions. Another option is to hold the position for 10 seconds. Do two to three times.